

Child Care Health Consultation Lesson Plan

Contractor Name: CCHC Standard Lesson Plan

Date Submitted: July 24, 2014

☐ **Children's Health Promotion**

Adult Training on Content Area V: Health and Safety Select one standard and one level	Health and Safety Standards	Training Levels
	<input type="checkbox"/> Promoting Risk Management Practices	<input checked="" type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	<input type="checkbox"/> Protecting Children and Youth	Source: Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011
	<input type="checkbox"/> Promoting Physical Health	
	<input type="checkbox"/> Promoting Mental Health	
<input checked="" type="checkbox"/> Promoting Healthy Eating		

Title: My Plate

Training Goal: Child Care providers will be able to use My Plate to plan meals and help children identify healthy foods and portions

Learning Objective(s): Participants will:

- Identify benefits of healthy eating
- Become familiar with My Plate in relation to food groups and healthy portions
- Use My Plate as a resource for meal planning and encouraging healthy eating habits in the children under their care
- Identify opportunities to share My Plate resources with parents

Topical Outline of Content	Training Method(s)	Time (in minutes)
Introduce "My Plate". Discuss change from My Pyramid to My Plate. Explain how the parts My Plate is divided into will help children make healthy food choices to promote growth & development, maintain health, and establish live long eating habits.	Lecture/Power point	10 - 20 min
Review of My Plate food groups and key messages: <ul style="list-style-type: none"> • Vegetables can be fresh, canned, or frozen; encourage providers to try not only different vegetables but different preparation • Fruits can be fresh, canned (in own juice of without sugar) or frozen; encourage providers to try different preparation and different fruits; ½ the plate should be fruits and vegetables with more vegetables than fruits • Most of the grain foods should be whole grain; make sure providers know how to read labels • Protein should include lean meat, seafood, and poultry; also try eggs, beans, peas, soy products, unsalted nuts and seeds Note: the grains and proteins should comprise ½ the plate; more of the plate should be grains • Dairy to support bone and teeth. Good sources include milk, yogurt, cheese, and foods made with milk. 	Lecture/discussion/Power point	30 – 50 min
Foods to limit (High sodium, sugary drinks, solid fats)	Lecture/power point	10 – 20 min
Meal planning and tips for parents	Discussion/power point	5 – 15 min
How providers will use the "My Plate" plate	Group exercise	5 – 15 min
Resources	Handouts & web sites	Total time: 60 to 120 min
TOTAL TRAINING TIME = 1 clock hour up to 2 Clock Hours		

Method(s) of Outcome Evaluation: Group discussion; Q & A

FOR MISSOURI DEPARTMENT OF HEALTH & SENIOR SERVICES USE ONLY
APPROVED FOR UP TO TWO (2) CLOCK HOURS

Date Approved:
July 24, 2014

Authorized Approval Signature:



Date Expires:
July 2017